

Symptoms That May Be Helped by the Feingold Program

A person who may be helped by the Feingold Program displays more of the following symptoms more frequently and to more of an extreme than the average person.

Behavior

MARKED HYPERACTIVITY

- Constant motion
- Running instead of walking
- Inability to sit still
- Inappropriate wiggling of legs / hands

IMPULSIVE ACTIONS

- Disruptive behavior / disturbs others
- Unresponsiveness to discipline
- Poor self-control
- Destructive: throws, breaks things
- Little or no recognition of danger to self
- Unpredictable behavior
- Inappropriate noises
- Excessive and/or loud talking
- Interrupts often
- Abusive behavior to people or pets

COMPULSIVE ACTIONS

- Perseveration (repeating an activity)
- Touching things / people
- Aggression
- Workaholic habits
- Chewing on clothing, other objects
- Scratching, biting, picking at skin

EMOTIONAL CONCERNS

- Low frustration tolerance
- Sensitive to touch, pain, sound, lights
- Depression
- Frequent crying
- Demands immediate attention
- Irritability
- Panics easily
- Nervousness
- Low self-esteem
- Mood swings
- Suicidal thoughts

Learning / Developmental

SHORT ATTENTION SPAN

- Impatience
- Distraction
- Failure to complete projects
- Inability to listen to whole story
- Inability to follow directions

NEURO-MUSCULAR INVOLVEMENT

- Accident prone
- Poor muscle coordination
- Poor eye-hand coordination
- Difficulty writing
- Dyslexia / reading problems
- Speech difficulties / delays
- Difficulty with playground activities, sports
- Eye-muscle disorder (nystagmus, strabismus)
- Tics
- Seizures

COGNITIVE & PERCEPTUAL DISTURBANCES

- Auditory processing problems
- Visual processing problems
- Comprehension & short term memory difficulty
- Disturbed spatial orientation (up-down; left-right)
- Reasoning difficulty (math problems or word meaning)

Health / Physical Complaints

POOR SLEEP HABITS

- Resists bedtime
- Can't fall asleep
- Restless/erratic sleep
- Nightmares, bad dreams

FREQUENT PHYSICAL COMPLAINTS

- Ear infections
- Asthma
- Leg aches
- Bed wetting
- Stomachaches
- Constipation
- Day wetting
- Headaches
- Diarrhea
- Hives or rashes
- Congestion